



TEXAS A&M UNIVERSITY  
Irma Lerma Rangel  
College of Pharmacy

# WALK ACROSS TEXAS

**TAMU IRLCOP**  
League Code

watL-260114-  
68171

**TAMUK**

League Code

watL-260113-  
23800

**Registration Opens:  
February 2, 2026**



**PROGRAM DATES:**

FEB 16 - APRIL 12, 2026

**LEARN MORE AT:**

[WalkacrossTexas.tamu.edu](http://WalkacrossTexas.tamu.edu)

**REGISTER AT:**

[Howdyhealth.tamu.edu](http://Howdyhealth.tamu.edu)

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

WALK ACROSS TEXAS



TEXAS A&M UNIVERSITY  
Healthy South Texas



# WALK ACROSS TEXAS F.A.Q.

## WHY JOIN W.A.T.?

Walk Across Texas! (W.A.T.), a free 8-week online program, is a motivating and FUN way to stay active!

This program is for ALL FITNESS LEVELS and every step counts!

Boost Your Health: Improve heart health, increase stamina, & feel stronger.

Stay Energized: Physical activity combats fatigue and keeps you vibrant.

Support Mental Wellness: Walking relieves stress and enhances your mood.

Build Healthy Habits: Commit to a routine that fits your lifestyle.

## HOW IT WORKS

1. Create Teams of 8: Team Captains will join their respective leagues (TAMUK or TAMU ILR COP) and create their teams.
2. Log Your Activity: Walking, gardening, swimming—everything counts! Use a pedometer, app, or our Activity Conversion Chart to track your mileage. Being honest and accurate MATTERS!
3. Move More: Log your miles each week and compete to be the top team!

## GET STARTED

- **Register NOW:** Visit [Howdy Health](#) to sign up.
- **Choose a league and create your team:**
  - **TAMUK Walk Across Texas 2026:** League Code watL-260113-23800.
  - **TAMU ILRCOP - Walk Across Texas 2026:** League Code watL-260114-68171
- **Track Your Miles:** Log in daily or weekly and see your team's progress!

## WEEKLY SCHEDULE

Week	Mileage Deadline COB	Newsletter Release
Kick off		Monday, Feb 16
Week 1	Monday, Feb 23	Tuesday, Feb 24
Week 2	Monday, Mar 2	Tuesday, Mar 3
Week 3	Monday, Mar 9	Tuesday, Mar 10
Week 4	Monday, Mar 16	Tuesday, Mar 17
Week 5	Monday, Mar 23	Tuesday, Mar 24
Week 6	Monday, Mar 30	Tuesday, Mar 31
Week 7	Monday, Apr 6	Tuesday, Apr 7
Week 8 - FINAL	Monday, Apr 13	TBA

## MORE INFO

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